

**November 2011**

## Moving Teams Now Forming!

It's starting to get exciting around campus, with staff teams now forming to start planning different facets of our move across to the new facility. Listed below are all of the teams which will be working toward a successful move:

Admission Teams

Resident Move Teams

Room Set Up Teams

Building Readiness Team

IIT Team

Furniture, Equipment, & Resident belongings move team

Resident Quality of Life/Move Prep Team

Staff Education/Training/Orientation Team

Business Office/Administration Team

O Old Building Auction/Demolition Team

Thank you in advance for your patience and cooperation as we move toward our new home!



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### We Welcome Your Referrals

Many thanks to Mr. Nathan Miller, who wrote a letter to the Frederick News Post commending Citizens staff for the great care they provided to his wife, Mary, during her stay with us. His letter appeared in the Sunday, October 30, 2011 edition of the paper, and we are sure that readers will be more likely to consider us when they or their loved one is in need of rehabilitation, skilled nursing, or assisted living care.

If you want to let the community know of your Citizens or Montevue success story, please contact our Marketing & Admissions coordinator at (301) 600-3702 or via e-mail: [mmweaver@frederickcountymd.gov](mailto:mmweaver@frederickcountymd.gov). Your testimonial can be added to our website, shared in this newsletter, and sent to the local media. We are honored to care for you and your family members, and we value your referrals.

Dear Residents, Staff, Family and Friends,

It's incredible that we're already moving into November of another year, though this is always a favorite Season of mine because we tend to focus on giving thanks for our many blessings and celebrating time with family and friends.

Over the past five months as Citizens' Acting Administrator, I have often been heard telling everyone who will listen that working in skilled care is "all about the relationships." Actually, sometimes I say it so often that it becomes a catch phrase thrown back at me in jest. But as long as people are saying it back to me, I know it's sinking in, because truly, the relationships we all have with each other matter so very much.

Whatever has led you to our community, whether sudden illness or chronic, long-term illness of your own or a loved one's; whether a desire to heal and be a blessing in someone's life; whether the need to make a difference via your time and talents being shared, we are so thankful that you have become part of our family. We value your input, even when it points out that we may have some "chinks in the armor," so to speak and need to address challenges head on. You each have a special perspective that, when shared, helps us to constantly improve our service delivery and our customer service skills. For your willingness to help us continually improve, we thank you.

As you reflect upon another year rapidly coming to a close and all of the events over the past months which have brought us closer together, I hope that you will realize that we are here for each other to offer support and compassion. I am enjoying my opportunity to bring what I know to the table here at Citizens to help us grow in service, and look forward to crossing paths with each of you soon.

May your Thanksgiving be bountiful,

*Lou*

We often take for granted the very things that most deserve our gratitude. ~ Cynthia Ozick

## Snow before Halloween?! Here's a refresher on our Inclement Weather Leave Policy



Citizens Care and Rehabilitation Center and Montevue Assisted Living operate to provide care to our residents 24 hours a day- 7 days a week. The presence of staff at work is essential to provide this service.

Due to the continuous, around the clock operations and critical nature of the services provided at Citizens Care and Rehabilitation Center and Montevue Assisted Living, **All** Citizens and Montevue employees are designated as essential personnel. This means that even when County offices are closed, other County operations are curtailed and administrative leave or liberal is authorized for other Frederic County employees, Citizens and Montevue employees are required to report to work as scheduled.

Staff members are expected to make arrangements to arrive to work for their shift and to stay at the facilities when necessary. Employees should also make arrangements for their own transportation to and from work in the event of inclement weather. The facilities shall provide accommodations as necessary for the employees. (This will include meals and facility lodging during the inclement weather)



If an employee fails to report to work due to inclement weather conditions, they are not eligible to utilize any benefit time to compensate the absence.

**Special Note: If you have a 4-wheel drive vehicle, and are willing drive staff members to/from work at either Citizens or Montevue during inclement weather, please call (301) 600-3702 to be put on a list of potential helpers. You may get a call from us next time Ol' Man Winter pays a visit!**

Anyone who has never made a mistake has never tried anything new."  
~ Albert Einstein

We are now fully staffed in nursing leadership at Citizens, and we now have three day shift Unit Managers on board to run the resident care areas. Welcome to Augusta Wellington (left) and welcome from PRN status to full-time status to Catherine Makanjoula (center); Micola Martin now has colleagues to help manage the House!

Augusta will be staffing Catocin Court; Catherine serving Appalachian and Baker Park; and Micola managing Deerwood Drive.



This monthly feature introduces you to some of the hard-working staff members behind the residents' care. Next month, you'll meet another dedicated Citizens staff member!



Meet Stephanie Kopczyk RN, Delegating Nurse at Montevue Assisted Living. Stephanie has worked for Frederick County Government for 4 years.

One of 8 children; Stephanie was born in Baltimore MD, and at a very young age she moved to Frederick MD. Stephanie has been a Frederick County Resident

for nearly 58 years. Stephanie has been married for 8 years to her husband Tom. Together, they enjoy traveling and, have recently returned from a road trip through Mississippi and Tennessee, in which they enjoyed seeing several Civil War battle fields and reenactments.

Stephanie has enjoyed her many years of service to the residents of Montevue. She has said that the thing that she likes most about working here is her exposure to all of the people. When not at work Stephanie enjoys raising and taking care of her 3 big lovable cats, Winnie, Cha Cha, and Gaither. She has showed her love of cats by sharing her many funny cat stories and pictures with residents and staff alike.

Stephanie also enjoys learning new jokes, and sharing them with all of us here at Montevue.

Gratitude is the fairest blossom which springs from the soul. ~Henry Ward Beecher



## Upcoming Activities

November!

Location Key:

Veterans' Wreath Ceremony

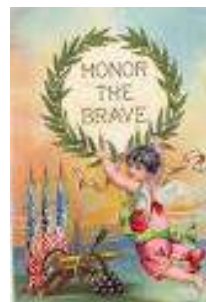
11/19 (M)

M=Montevue

C=Citizens



11/6/11



*For a full calendar of resident activities, please stop by the Activities Department at either facility or call (301) 600-1550 to have it sent to you!*



11/16 (C)



Holiday Decorating!

11/30 (M)



Cooking Club

Featuring Pumpkin Pie!

11/22 (C&M)



Walking Club

11/18 (M)



11/29 (C&M)



Thanksgiving Parade & Football on the Big Screen  
11/24 (C)



11/10 (C&M)



# Introducing...

Patrick "Rick" Beacham, RN, joined the Citizens Nursing Department as Staff Development Nurse. He will also become our Infection Control Practitioner once he earns his certification in that arena. Rick graduated from the Washington Hospital Center School of Nursing and is a Veteran of the Air Force with which he served as a Field Medic.

As a homecare clinician for 16 years for a ventilator-dependent patient, Rick learned how much he really loved the art of nursing, and through teaching in the C.N.A./G.N.A. programs at both FCC and Montgomery College, he discovered that he also greatly enjoys the field of education.

Rick will be responsible for developing and teaching our new employee orientation program, and he hopes that his teaching style, whereby he integrates movie clips and other "wake up" moments to make learning stimulating and fun, is well received at Citizens. He would love for staff to contact him with suggestions for trainings or other educational services, either at extension 14552 or via e-mail at [pbeacham@frederickcountymd.gov](mailto:pbeacham@frederickcountymd.gov).

When not working, Rick enjoys online gaming, gardening, and fishing. He lives in Middletown, MD.



Marianne Walsh, CDCM, is a Therapeutic Recreation Specialist and Director of the Recreation Department at Citizens and Montevue. She is overseeing all recreational activities on campus and helping to develop policies and programming for the new Memory Care Center which will open in the new Citizens.

Marianne has been working in long-term care and continuing care retirement communities since 1986, when her grandmother succumbed to Alzheimer's disease. She served as Intergenerational Coordinator at Messiah Village's children/family center in Pennsylvania, a program which garnered national media attention several years ago. Most recently, Marianne

was Director of Recreation at Somerford Assisted Living and Memory Care in Hagerstown.

Born in Philadelphia, she met her husband while in college at East Stroudsburg University, and they now have three children and live in Boonsboro, MD. When not working, Marianne loves being outdoors playing tennis and golf, and just hanging out with family and friends.

A thankful heart is not only the greatest virtue, but the parent of all the other virtues. ~Cicero



The children of staff and residents' families came to Trick-or-Treat on October 27th. The residents enjoyed all the spooky cuteness and the kids... well, the kids LOVED the treats!



To our residents  
celebrating their special day  
in  
**NOVEMBER**

Leslie Reese 11/8  
Pauline Lloyd 11/10  
Grace Wiles 11/11  
Bobby Snoots 11/14  
Veronica Toth 11/14  
Lenwood Moss 11/19  
Evelyn Donavan 11/20  
Albina Wolf 11/23  
Walter Keeney 11/23  
Robert Kish 11/24  
Margaret Naylor 11/24  
Dean Zientek 11/29

*Make a WISH.*

Beautiful young people are accidents of nature, but beautiful old people are works of art.  
~Eleanor Roosevelt

**Morrison Senior Living**  
**Delivering Nutrition Services to**  
**Citizens and Montevue**

Morrison Senior Living, a member of the Compass Group, is the nation's only food service company exclusively dedicated to providing food, nutrition and dining services to senior living communities. This Atlanta-based company, guided by a personal mission statement called "The Morrison Way," now provides nutrition services at Citizens and Montevue, including dietitian consults, meal delivery, and catering.

Morrison's vision provides a unifying ambition about where they want to be as an organization: Great People, Great Service, Great Results. We feel that this vision is right in step with who we are and how we want to be perceived in the community. We are pleased to welcome Morrison to the Citizens/Montevue campus, and look forward to a positive and fulfilling relationship!



Pictured, left to right, are some of Morrison's service team: Back row: Tina Hackey, Marvin Jose, Leah Teague, Tyrone Smallwood, Karen Rickinson, and Ron Brown. Seated: Rich Thompson, Mary Thompson, Wayne Nusbaum, and Wanda Stull.

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie.

~Jim Davis

Welcome, Morrison!



## Do You Like Papercrafting? Want to Make a Difference?

You know what they say... "It's the most wonderful time of the year!" But for the elderly living in nursing homes and assisted living, the holidays can sometimes cause loneliness as they are away from family. Won't it be fabulous if we can bring a smile to their faces & brighten their holiday season simply by sharing our love of card making? Citizens and Montevue residents are registered to receive some of the cards made by crafters from around the world, and who knows—they may receive one of yours if you participate!

### A few important details:

- Cards must be received by **November 30, 2011**.
- Please make the cards for **Christmas or Holiday Wishes**. Anyone can send a card (your children, church group, scout troops, etc...)
- All cards need to have a message in them. Please also sign your name and where you are from. No need to put anything on the front of the envelope. Also, please don't seal the envelope.
- Any size cards are ok. Just please send them in an envelope.
- Please stick to just cards.
- And please don't use any pins (safety reasons).
- You can mail the cards to either of these wonderful women:

**Jennifer McGuire**

**P.O. Box 428612**

**Cincinnati, OH 45242**

**Vera Yates**

**P.O. Box 17596**

**Sugar Land, TX 77496**

In each package, **PLEASE include a piece of paper with your name, address, email address and how many cards you sent.** ***This helps the organizers keep track for prizes.*** For each card you send, you will get a chance at a prize. So the more cards you send, the better your chances.

Thanks, and have fun!

Please consider giving us your e-mail address so that we can add you to our E-Newsletter list

## We Fight Breast Cancer Together!



**THANK YOU TO ALL WHO  
PARTICIPATED!!**

As you likely know, October was National Breast Cancer Awareness Month. This provides us with an opportunity to shed light on a disease that has become the second most common cancer among American women. There are currently more than 2.5 million breast cancer survivors in the United States. Increased survival rates are due largely in part to earlier detection through screening and increased awareness, as well as improved treatment.

Early detection is a critical step in improving the chances of diagnosing breast cancer at an early stage and increasing the odds of successful treatment. The American Cancer Society recommends the following guidelines for early breast cancer detection:

- Women in their 20s and 30s should have a clinical breast exam as part of a regular health exam by a healthcare provider at least every three years.
- Women age 40 and older should have a mammogram screening every year.
- After age 40, women should have a breast exam by a healthcare provider every year.

Women should also speak with their physician about appropriate early detection plans, their individual breast cancer risk factors and personal medical history. We celebrate those breast cancer survivors in our midst and wish you all the best of health in the coming year and always!

## Halloween fun!



During the month of October, we said a heartfelt goodbye to several residents. They will be terribly missed by their friends, caregivers, and families.

We will remember them fondly .

Marva Brown

Julia Burgess

Marie Harps

Thelma Hartsock

Mary Miller

Delores Warren

Annabel Wenk





If you or someone you know is turning 80 plus, our President will send them a personalized birthday greeting!. This is a very special opportunity to receive an extremely unique gift. After all, you do have to live to be 80 to receive the Presidential Birthday Greeting! Follow the guidelines below to request a birthday greeting for yourself or a loved one.

- You must be an United States Citizen to receive a personalized birthday greeting from our president.
- Requests for birthday cards must be for someone turning 80 or older. The birthday request should be made at least six weeks before their birthday. NOTE: The Obama White House greeting office has been swamped with requests for Presidential Greetings due to the historic significance of this administration. The requests may take several months to process, so earlier is better!
- Provide the information that is needed to receive the birthday greeting:
  - Name and address of honoree(s).
  - Designation (Mr., Mrs., Ms., Miss).
  - Date (month, day, year) of birth.
  - Requestor's name and daytime phone number
- Mail your requests to:
  - The White House
  - Attn: Greetings Office
  - Washington, D.C. 20502-0039



Watch your mailbox... The White House will send out your Birthday Greeting about 14 days before your birthday providing you've sent your request in plenty of time. You may want to select a nice frame for your official greeting and display it proudly. Your personalized birthday greeting from the President of the United States will be something that you will cherish forever.

Don't forget to be sure to send your requests six weeks or more before the date of your birthday. You can also receive Presidential greetings for 50 Plus Anniversaries, a baby's birth, weddings, Eagle Scout Award, Girl Scout Gold Award, Bar / Bat Mitzvah or equivalent.

## AUTUMN DAYS

By: Montevue Resident, Shirley Wright



When autumn gets here you can always tell  
the trees are changing and the leaves turn brown  
And fall off the trees.

And when autumn gets here you can always tell  
that Jesus knows all about the autumn season.

When autumn gets here there is something you always should  
know

about the trees a turnin' brown  
and leaves falling right off the trees.

When autumn gets here there is something you always should  
know

About the trees a turnin' and think of all the gardens

And how God makes them grow and grow.

When autumn gets here there is something every person should  
know

They should know of the wonderful hand of Jesus

and the wonderful things he always does

and they should know of the wonderful love he sends to us all